

THE COZY ISSUE

Community News: November 2014



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Community News: November 2014

THE GLORIOUS RETURN OF TASTEFUL THURSDAYS

By Misty Amarena, Outreach & Education Coordinator

Fall is here with bright flashes of orange, yellow, and red all around. The crunch of leaves under our feet and cooler temperatures remind us that the seasons are changing. This shift in dishes and décor is also a sign that its that time of year again — Tasteful Thursdays are back!

Tasteful Thursdays is our annual event series that showcases the sights, the sounds, and most importantly, the tastes of the season. From 4:30-7:30 pm each Thursday evening Nov. 6 through Dec. 18 (except for Nov. 27 when the Co-op will be closed for Thanksgiving,) the Co-op's aisles will be full of samples, vendors, gift ideas, holiday picks, and more. On Thursday, Nov. 6 we will have Uncorked & Unplugged, the official kick-off event for the Tasteful Thursday series, followed by more fun and food each week.

We're also very excited about some special Tasteful Thursday features. This year, you'll be able to:

- Sample our Co-op Kitchen's delicious seasonal dishes, which will be available immediately or around the holidays.
- Meet some of our favorite local and regional brewmasters and winemakers, and sample their seasonal libations.
- Hear some wonderful tunes from local musicians!
- Do a little self-pampering with complimentary neck and back massages by local massage practitioners.
- Give yourself a new look with free henna tattoos done by local henna artist Derick Jiwan.

Also new this year is a partnership with Moscow

First Thursday, an event series supported by the Moscow Arts Commission, Buy Local Moscow, and the Moscow Chamber of Commerce. So on Thursdays Nov. 6 and Dec. 4, you'll get to enjoy even more festivities all throughout downtown Moscow in addition to what we have going on at the Co-op. For more information on First Thursday, search for Moscow First Thursday on Facebook.



Tasteful Thursdays

4:30 pm - 7:30 pm
November 6th - December 18th



MEGAFOOD: AN INSIDER LOOK

By Ashley Douglas, Wellness Assistant Manager

In October, Ashley Douglas, our wellness assistant manager, took a trip across the country to visit and learn more about one of our favorite vitamin makers, MegaFood. Here's what she learned.

Sleepy New Hampshire makes the ideal home for this perfectly slow paced company. Although they aren't out to break any speed records, they are out to do it right and as their company's slogan implies, they're in the business of "changing lives."

One of the things that most defines MegaFood is the amount of quality control MegaFood puts into their product along every step of the way. They are a "vertically integrated" company, doing most of the work in-house. Right down to their equipment and processes, they are thoughtful about every step.

The vitamin-making process is fascinating in and of itself, too. MegaFood uses the RWD — a machine that allows for a gentle, low heat process to extract vitamins and herbs from whole foods before they are assembled into tablets.

How does MegaFood support the little guys, like our Moscow Food Co-op? MegaFood excels at helping the little guys. They do cater to retailers both big and small, but have some great programs to help out co-ops and mom 'n' pop shops. MegaFood offers a purchase program for small retailers, our Co-op included, to allow us to provide our customers with competitive prices. They have also recently offered free shipping and a 24-hour ship window to all small orders. If a big order comes in at the same time, can you believe that MegaFood ships out the smaller order first?

What is in store for MegaFood, being such a small and seeming behind-the-times company in this

fast-paced industry? Just in the past three years, MegaFood has enlisted a qualified team devoted to marketing. In the next few months, you will see a new website, updated branding, a strong social media presence and readily available information to you as the consumer. The new website will include a questionnaire to help you chose the best MegaFood products for your needs. MegaFood is also working on improved training for retail associates as well as wellness trainings and courses for community members sponsored and backed by the esteemed Dr. Weil. Watch for announcements on these classes, coming soon to our Co-op community!

Just how do I read that label? The MegaFood label can be a bit daunting, but when broken down into parts, makes a lot more sense! The best way to make sure you understand it is to snag the closest Wellness Staff for help — we can walk you through the label and explain the information to you. MegaFood's Purity Seals are a quick way to see that all of their products are gluten, soy, dairy, pesticide and GMO-free as well as vegetarian/vegan and kosher. Although MegaFood does not have a purity seal for corn-free, none of their products contain corn as an ingredient. And although the probiotics do not contain GMO strains, they will officially be certified non-GMO within the next two years.

They took the time to fly lil' ol' me across the country, spent the time and money on educating me and made sure I had a firm grasp on their products. Their amazing products and plant aside, I was also very impressed with the amount of long tenured employees and how much the MegaFood culture is a part of their everyday lives, both inside and out of work.

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Co-op Kids

By **Rebekka Boysen-Taylor**
Co-op Kids Volunteer Coordinator

The end of the year is rapidly approaching and there is a chill in the air! At Co-op Kids this month we have great ideas for keeping the kids healthy and cozy as winter draws near. We will make lanterns for the dinner table, food/ drinks to warm our tummies and old-school hand turkey art just in time for Thanksgiving.

- November 4th: Lantern Making
- November 11th: Homemade Soup Mix
- November 18th: DIY Immunity Boosting Tea for Kids
- November 25th: Hand Turkeys

At Co-op Kids we facilitate simple, earth friendly activities for young children and their families. Our activities are designed with children ages 3-5 in mind though all ages are welcome to attend. Co-op Kids meets weekly each Tuesday morning from 9 until 10 am in the Co-op Cafe unless otherwise noted.

Rebekka Boysen-Taylor is a teacher, writer and mama here in Moscow.

Art at the Co-op

By **Annie Hubble**
Front End Manager

Judith Marvin will be our artist of the month in November. A very talented painter, her show will open on Friday, Nov. 14 and run through Wednesday, Dec. 10.

Judith lives and works in rural Idaho. She tells how she lives in a log cabin that overlooks grain fields and Ponderosa Pine forests with her closest neighbors being deer, elk, and the occasional moose.

After retiring from a 20 year career in the Foreign Service, Judith fulfilled a long time dream and pursued an education in fine art. She graduated from the University of Idaho with a BFA degrees in 2006 at the age of 60. She writes that she “has indulged her passion for things creative ever since”.

I find Judith’s art whimsical, colorful and full of the life force that I myself love in Nature. I am so pleased that she is sharing her work with us, and I feel sure you will enjoy it as much as I do.

Come and meet the artist on the evening of Friday, Nov. 14, and enjoy her work through Wednesday December 10th.

Mamas+Papas Recap

By **Erin Rishling, Co-op Owner**

Strolling Like A Mother (SLAM): Exercising with Children

Cat Harner, SLAM co-founder and owner, visited with the Mamas and Papas Group to discuss exercising with young children. She is an ACE certified personal trainer and has been leading the SLAM group for approximately a year and a half. Strolling Like A Mother is a group designed to provide not only a total body workout but also a bonding and positive role modeling experience for kids with the support of other mothers.

The workout includes resistance training, core work, and cardio bursts and is designed to strengthen prenatal and postnatal bodies. Strengthening can aid in the prevention of common postnatal injuries caused by weakened core (and other) muscles. Mothers run or walk from one designated station to another. When a station is reached, mothers engage in body work and/or resistance training. Children are entertained though singing, rhymes and other activities. Modifications can be made for individuals desiring an easier or more difficult workout, but proper form is stressed and illustrated.

If you are a mother who might be interested in checking the group out, you can expect a challenging, but fun filled hour long workout that fits individual fitness levels and needs. Moms of all fitness levels, pre- and post-natal, runners and walkers are welcome. The first class is free; subsequent costs are dependent upon membership commitment. Find out class locations (Moscow and upcoming in Pullman) and more about SLAM at PalouseFit.com.

GMO/OMG!

Genetically Modified Foods (GM Foods or BioTech Foods) are foods produced from plants or animals that have had specific changes introduced into their DNA using methods of genetic engineering. Currently, most genetic

modification of foods has focused on high demand crops like alfalfa, soybean, corn, canola, and cotton seed oil (about 90% of conventional, non-organic, U.S. crops in 2011 for the aforementioned crops). Common modifications result in faster growing plants, resistance to pathogens or pests, and production of extra nutrients. Misty Amarena, Moscow Food Co-op outreach and education coordinator, presented on GMOs and discussed some of the basic elements in this controversial topic.

What’s the fuss about GMOs? Scientists are divided on whether or not genetically modified foods are safe for consumption. Studies that indicate any sort of health risk are considered “highly controversial.” However, most developed nations do not consider GMOs to be safe enough. In more than 60 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. However, more and more Americans are “voting with their fork” and choosing to buy certified organic foods that are held to a higher standard than most conventional crops. Involvement is the primary way to influence the direction our country is taking toward GMOs.

What’s not a GMO? Certified organic is not genetically modified. Conventional crops may not be genetically modified, but may not be organic. And it should be noted that once a genetically modified crop has been grown, the soil has been contaminated.

There are a number of myths that exist in this debate. One is that GMO means cheaper foods. GMO prices aren’t fixed and, as organic sales are on the rise, the price gap is closing. More GMO myths can be found at www.nongmoproject.org as well as ways to get involved (i.e. the mandatory labeling of GMO foods debate).

What is the Moscow Food Co-op doing in the GMO debate? All new packaged grocery items are assessed for at-risk ingredients. The Produce

Department doesn’t order anything genetically modified. The Co-op proudly participates in the Non-GMO Project and is committed to education and continued involvement in the issue.

Each Mamas and Papas Group Meeting features a speaker on a topic that is relevant to expectant parents or parents of children up to two years of age. Child care assistance will be provided by Co-op volunteers during the meeting. The Co-op Outreach Team will be there with refreshments and samples. We hope to see you in November!

November Meetings

Monday, November 3rd
Indoor & Outdoor Play in Shifting Seasons

Monday, November 10th
Cold Winter Gear for Kids: A Clothing Swap (Bring clothes to swap!)

Monday, November 17th
Holiday Crafting with Kids (Kids will make a craft today!)

Monday, November 24th
Open Discussion (Bring topics of concern and/or areas of interest to discuss)

Please note that November is the first month of our new meeting schedule for the Mamas and Papas Group. Mamas and Papas will now be meeting every Monday at the Uma Center.

9:30-11 a.m. at the Uma Center,
414 S. Jefferson Street in Moscow
(corner of 5th and Jefferson)

Mamas + Papas will now be meeting every Monday instead of Wednesdays.

Banned Together COZY Wearables or Not? By Deb Reynolds, Finance Manager

Is anything nicer than warm, fuzzy PJ's or a thick, flannel shirt when winter cold sets in? Or, how about smooth, slick, cool sheets on a stifling summer night? In a departure from covering our banned food ingredients list and in keeping with this month's COZY theme, I was asked to bring you information on non-toxic clothing. My research was depressing on the one hand and inspiring on the other.

Let's take a look at the bad news first. Standard industry fabrics/textiles appear to be a minefield of both proven and potentially hazardous chemicals — dangerous to the farm workers, the textile workers, and the wearers. According to Hearts, a business run by a NYC fashion designer with severe allergies and dedicated to sustainable fashion, approximately 80,000 chemicals are used by the textile industry and most have not been tested to determine human or environmental safety. Not including pesticides used at the farm level, chemicals are introduced into and on fabrics all along the processing system: sizing, de-sizing, scouring, bleaching, dyeing, and finishing.

In the United States, textiles and clothing do not have strict labeling standards or disclosure requirements regarding chemical presence. The only disclosures required are information about 1) fiber content, 2) country or origin, and 3) manufacturer or dealer identity. In contrast, the European Union demands much more extensive and useful label information as well as requiring certification for proof of compliance with the E.U.'s uniform guidelines in the use of potentially harmful products used in processing the raw materials.

Formaldehyde is a key offender in this chemical arsenal: used for stain-resistance, wrinkle-resistance, waterproofing, anti-cling, perspiration-proofing, moth and mildew-proofing, and to pre-shrink wool. Formaldehyde has been linked to a long list of serious, even deadly, health problems including leukemia, lung cancer, allergies, skin irritations and rashes, insomnia, headaches, nausea, and eye and nose irritations. The Center for Disease Control states very bluntly, "formaldehyde is known to cause cancer."

Fixatives for colorfastness are known ecosystem disruptors. Flame resistance PBDE's have been linked to liver and thyroid cancers, impaired brain development, and low birth weights. Optical brighteners are linked to allergic reactions and eye irritation, are known toxins to fish, animals and plants, and are totally not biodegradable. Phthalates, alkylphenol ethoxylates, organotins, lead, and cadmium are all known to affect children's neurological development and yet are legal in this country.

The skin is our largest body organ and is highly permeable. While a primary purpose of skin is protection from outside elements and typically moisture is required to facilitate permeation, these toxins are newcomers on the evolutionary scene. So a case can be made that epidermal cells have not evolved to provide protection from these chemicals. Another danger is the continual off-gassing of some of these products, meaning they can enter the body via inhalation. In addition, microscopic fibers that enter the air from the constant friction of use can be inhaled and ingested.

Existing legislation in the U.S. fails to prohibit the use of hazardous chemicals in consumer products. We have taken a piecemeal approach to the dangers of industrial chemicals. A chemical may be banned in one industry while its use in another industry is completely ignored. (See oecotextiles.wordpress.com.) The Environmental News Service reported, in November 2012, that "some of the world's best-known fashion retailers are selling clothing contaminated with hazardous chemicals that break down to form hormone-disrupting or cancer-causing chemicals when released into the environment."

Tests conducted at Greenpeace Research Laboratories at Exeter University in the U.K. and at accredited independent labs found hazardous materials in clothing from 20 well-known fashion brands. The clothing included jeans, trousers, t-shirts, dresses, and underwear; included men's, women's, and children's clothing; and included artificial and natural fibers. The Organic Consumer Association reports "European researchers found antimony, a fire-retardant chemical used in some crib mattresses, leaches through the mattress; they connected this finding to Sudden Infant Death Syndrome (SIDS) deaths. The livers of autopsied infants were also found to contain high amounts of antimony. Europe is moving away from flame retardants and requires them to be *proven safe* (my emphasis) before use. Yet U.S. laws require flame retardants be applied to many kinds of children's clothing." (The EPA website, epa.gov, lists a variety of acute and chronic effects of antimony exposure.)

What, then, is the good news? The textile industry and the consumer do have options. First, organic fibers are the best choice for the environment, for the growers, for the manufacturers, and for the consumer. Organic silk, hemp, cotton, linen, wool, and bamboo are available, and increasing the demand for organic fibers will strengthen the viability of organic agriculture. Second, consumers can be wary of products with claims

of stain-proof or resistant, wrinkle-proof or resistant, permanent press, durable press, easy-care, wash and wear, and fire-resistant. Shoppers can avoid polyester, acrylic, acetate, nylon, rayon and any treated fabrics as these are the most toxic. Third, manufacturers can avail themselves of certification groups/standards to both guide their processes and certify their compliance and consumers can seek out products achieving those certifications.

Oeko-Tex 100 is a certification that limits the use of a list of toxins in everything from raw materials to finished clothing. It "provides manufacturers with a uniform benchmark on a scientific basis for the evaluation of potentially harmful substances in textiles." The Oeko-Tex label indicates the item has been safety tested using independent tests via a union of 16 renowned institutes in Europe and Japan. SMART Sustainable Product Standards promotes sustainability in everything from fabrics to apparel to flooring with environmental, social, and economic standards. GOTS — Global Organic Textile Standard — is the world's leading processing standard for textiles made from organic fibers. Only textile products that contain a minimum of 70% organic fibers can become GOTS certified. All chemical inputs must meet certain environmental and toxicological criteria. On-site inspection and certification is performed by independent, specially-accredited bodies.

Here at the Moscow Food Co-op, shoppers can find an appealing variety of clothing items. We have some great choices in our limited space. I checked the web sites of our primary suppliers hoping to learn about the standards of each. Three of our suppliers meet exacting standards with their products. Boody Bamboo Eco Wear is made from organic chemical-free bamboo yarn. The yarn is certified by OCIA (Organic Crop Improvement Association) and the bamboo is grown following the USDA Natural Organic Program. All the finished fiber is Oeko-Tex 100 certified — it contains no trace chemicals that may pose threats to human health. (A long-time co-op owner spotted me in the Wellness Department scribbling in my notebook and said the Boody clothes she had tried were the nicest she had ever worn.) Wear Pact items are made of organic cotton and each factory in their supply chain is GOTS certified, i.e. the items are "seed to shelf clean." Maggie's socks are made of certified organic fibers according to North American Organic Fiber Processing Standards and spinning meets GOTS certification.

Solmate Socks are knit from recycled cotton yarn, made in the U.S., with designing, knitting, and finishing done at small family-owned businesses in VT, NC, and OR. That was the extent of the content information. Yellow 108 scarves are fabricated from salvaged and recycled fabrics. Flipside Hats are made from upcycled/recycled pre-consumer waste generated by the garment industry. Andes Gifts and Ganesh Himal both focus on Fair Trade and opportunities for indigenous peoples in Peru and Nepal respectively. So while these clothes do not meet the above-noted materials certifications, they are produced with workplace safety and compassionate socio-economic standards.

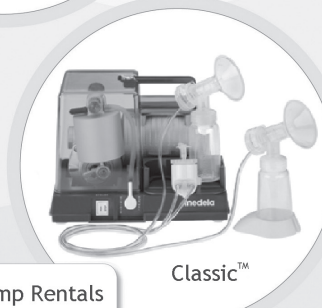
Cozy. Comfy. Safe. Ethical. Wouldn't it be great if the entire clothing and fabrics industry chose this path?

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From the Beet Box

The Beet Box is our Co-op's blog, where we feature recipes, DIY projects, profiles on local growers, event information + so much more. Watch for our recurring posts, including:

- Appy Hour:** featuring fun + delicious appetizer recipes
- Let's Toast:** featuring cocktail recipes using local, seasonal or unique ingredients
- Beet Read:** a look at the Co-op's Good Food Book Club monthly selection
- Feel Good Mondays:** a health-boosting recipe, an in-depth look at a wellness product or tips + treats to help get your week off to a great start

Check out our latest posts by visiting www.moscowfood.coop/blog. And while you're perusing the world wide web, be sure to look for the Co-op on Pinterest and Instagram!



Cold & Flu Relief Tea

The leaves are changing, the days are getting shorter and the sniffles are imminent. This steamy drink is full of goodies that'll help knock those cold symptoms out — pow! It's made with fresh ginger, fresh lemon juice, cayenne pepper and honey. Ginger is antiviral, anti-inflammatory and aids in digestion. Lemon is a great source of vitamin C, is antiseptic and is a great source of calcium. Honey is antibacterial, antioxidant and antiviral. And cayenne pepper is anti-inflammatory and aids in nutrient absorption.

To make this tea, boil 1 cup of water, 1/4 teaspoon fresh grated ginger, 1 tablespoon honey, the juice from a half a lemon and 1/2 teaspoon cayenne pepper in a small pot over high heat. Bring to boil and heat for five minutes. Strain mixture through a fine sieve and drink while piping hot. Put on your comfiest socks and jammies and get to healing!



Co-op Original: Molasses Crinkles



While we offer our made-from-scratch Molasses Crinkles year-round, we think they're particularly special this time of year. With a crispier edge and soft middle, these little spicy treats will warm you from the inside out. The recipe is easy to make and pairs so nicely with our Pumpkin Spice lattes, which are on special for Co-op owners for a week! Think about adding these to your cookie exchange this year- your friends will be clamoring for the recipe!

To make these cookies you will need:

- 1/4 pound (1 stick) unsalted butter
- 1/4 cup molasses
- 1 cup sugar
- 1 teaspoon baking soda
- 1 egg
- 2 cups all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1 teaspoon allspice

Preheat oven to 325 degrees. With either a hand mixer or stand mixer, cream the butter, molasses, sugar and baking soda until light and fluffy, about 3 minutes. Add egg to mixture and cream for another 2-3 minutes. In a medium bowl whisk together the dry ingredient. Add dry ingredients to wet ingredients and mix on low for 1-2 minutes, until the dry ingredients are well incorporated. Place parchment paper on a cookie sheet and scoop spoonfuls of batter a couple inches apart. We recommend using a small ice cream scoop for uniform cookies. Sprinkle sugar on top of dough. Bake for 10-12 minutes or until the middles are set. Makes about 20-24 small cookies.

Warm Your Head, Hands and Heart

by Erica Wagner, Digital Media Coordinator & Ashley Douglas, Wellness Assistant Manager

Founded in 1984 in Nepal, **Ganesh Himal Trading Co.** set out to create a business that empowered marginalized populations, like women and refugees. 30 years later, they are a part of the Fair Trade Federation, an organization dedicated to promoting respect and fair interaction, at all levels, between producers and consumers. Why will this line of knits make you feel extra cozy? Ric and Denise, the founders of Ganesh Himal Trading Co. say, "We have always felt that for profit businesses can be as good at modeling 'fair trade' as non-profit businesses and so have tried to incorporate that diversity in our own model of who we partner with." Be sure to bundle up with their hats mittens and scarves this season.

PACT has set out to not only provide people with beautiful socks, tights and clothing, they are also on an educational mission to inform consumers about the hardworking farmers behind the garments they wear. PACT wants to remind us that just as food doesn't come from a grocery store, clothing doesn't come from a department store- the cotton used to make clothing begins in a farmer's field. They use strictly Non-GMO cotton seed, wind energy and non-toxic water-based dyes that aren't harmful to the environment. And on top of all the good they do for the planet, the folks who work for them are treated and paid fairly. Slip into their organic cotton socks. Your feet will thank you.

AndesGifts has set out to prove that affordable, high quality, handmade products don't have to come at the price of sacrificing ethically and sustainably sourced goods. They work closely with the women of Bolivia and Peru to create models that are most beneficial to their communities. They abide by the principles of fair trade, giving their hundreds of knitters opportunities for education, better diet and the pride of providing for their families. AndesGifts makes a variety of hats, scarves and legwarmers for both kids and adults. Go ahead and wrap your little monster up in the monster hats and mittens from AndesGifts.



Ganesh Himal Trading Co.



PACT



AndesGifts

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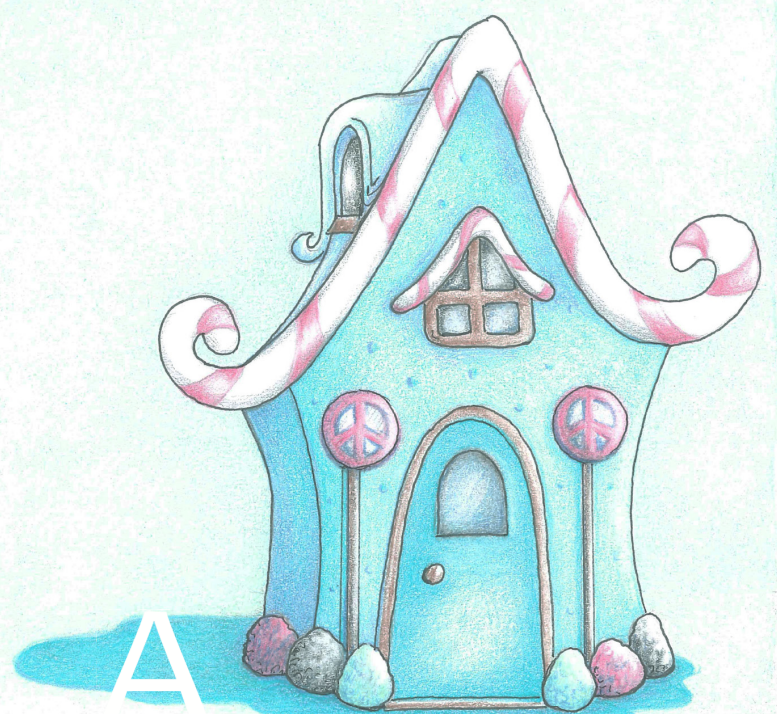
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The Sharper Your Knife, The Less You Cry

Cozy up with an adventure in the world's most famous cooking school

By Rachel Clark, Good Food Book Club Volunteer Coordinator

In the best tradition of cozy, armchair cooking memoir, *The Sharper Your Knife, The Less You Cry* by Kathleen Flinn taps culinary gold. Part diary, part travelogue, part love story—all marinating in the thick, heady fumes of the Cordon Bleu cooking school — this book might send you off to Paris. Or at least off to pour another cup of steaming hot cider as you nestle down under your blanket, all cozied up with this wonderful memoir.

Now that the gardens are put to bed, and the days are shortening, it's the perfect time for the kind of book that tempts you with dreams. Flinn was a corporate workhouse for many years...she was, that is, until she lost her job. When a new friend asked her, "What do you really want to do with your life?" her answer was almost immediate: "Move to Paris and attend the Cordon Bleu cooking school." Except she knew almost no French, and she'd hardly cooked in her life.

But she allowed the possibility of the dream, inquired into how one applies to the school, and before she knew it, she was slaving under a fierce French chef — "The Gray Chef" she nicknamed him, for his tempestuous moods — attempting to endure his anger when he shouts her down after tasting her overly sweet sauce: "You're wasting your time!"

A popular and delightful memoir that some have compared to Elizabeth Gilbert's *Eat, Pray, Love* — but more mature, wise, and well-crafted — *The Sharper Your Knife* is the perfect book to cozy up with this November.

Please join us to discuss *The Sharper Your Knife, The Less You Cry* (Viking Books 2006) by Kathleen Flinn on Sunday, November 30 from 6:00-7:30 pm. Remember to email bookclub@moscowfood.coop for the meeting location and directions and/or to receive email reminders about the Good Food Book Club. The *Sharper Your Knife* by Kathleen Flinn is available through your local library. If you are interested in buying the book, check out the area's local used book stores or visit Book People of Moscow where Book Club members receive a discount. For more information about the Good Food Book Club, check out the Outreach section of the MFC website at www.moscowfood.coop.

Rachel's family has been feasting on roasted root vegetables from their front-yard garden: beets, sweet potatoes, carrots, and parsnips. And the kids helped haul 50 pounds of winter squash home from the farmers' market to store for winter.

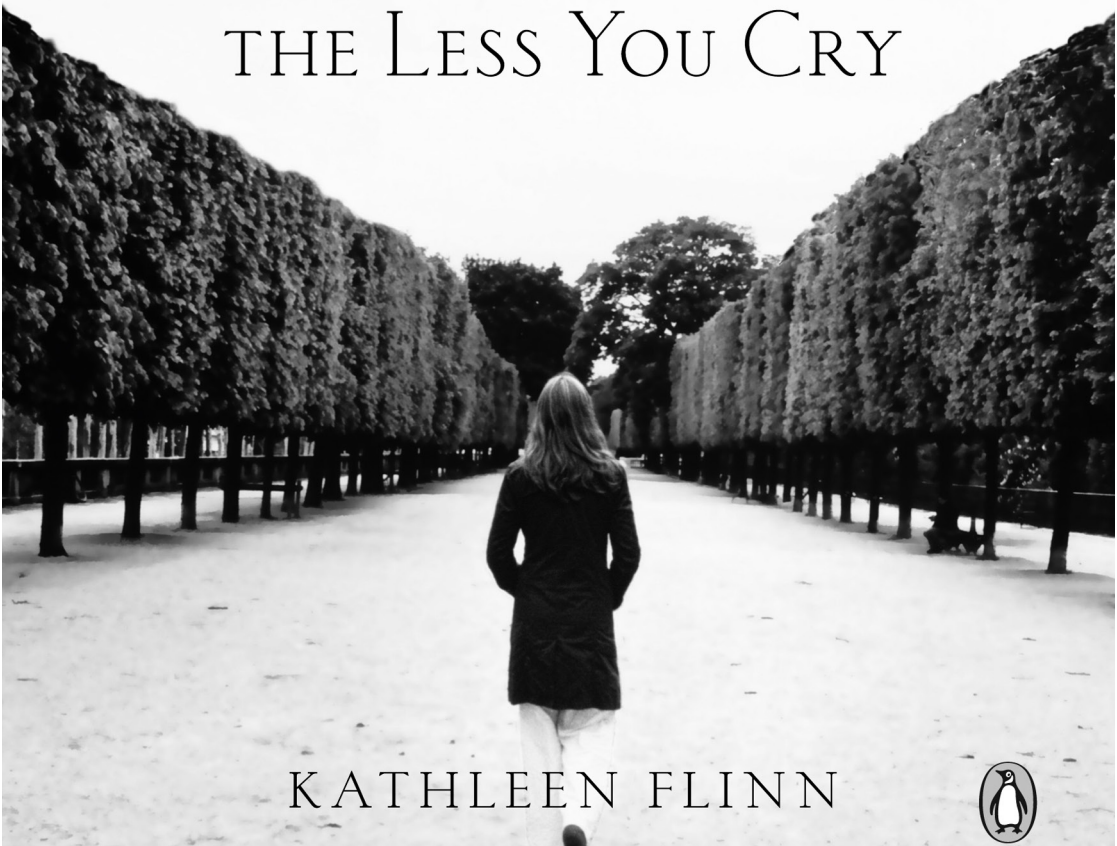
"Flinn's tale of chasing her ultimate dream makes for a really lovely book—engaging, intelligent, and surprisingly suspenseful."

—ELIZABETH GILBERT, author of *EAT, PRAY, LOVE*



LOVE, LAUGHTER AND TEARS IN PARIS
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KATHLEEN FLINN



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Selway Bitterroot Presents: Telluride Mountainfilm Festival	November 3
Moscow Community Theatre Presents: Anne of Green Gables	November 7-9
UI Confucius Institute Presents: A Simple Life	November 12
The Skeleton Twins	November 13-16
MET Live in HD Presents: The Barber of Seville	November 20-23
The Judge	November 22
Closed for Thanksgiving	November 26-27
St. Vincent	November 28-30

Titles and dates subject to change

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November Dime in Time The Willow Center

By Kristin Schmidt, Willow Center Executive Director

What's the mission of the Willow Center?

The mission of the Willow Center is to provide peer support groups for children, teens and their adult caregivers to promote help, hope and healing after the death of someone close to them.

What will the Willow Center do with the Dime in Time grant?

The funds will be dedicated to providing the first Family Dinner at the Palouse region Willow Center. At the dinner, the children, their families and volunteer group facilitators share a meal, view a slide show of the families' loved ones that have passed away, and listen to an inspirational speaker. The pictures help with creating connections, honoring memories, and normalizing the grief journey. These dinners also increase the bonds among program participants and decrease feelings of isolation.

This event has been enjoyed annually at the Willow Center in Lewiston, a program established over a decade ago, but a Family Dinner has yet to be offered at the newer Palouse-region Willow Center.

What if I know someone who would benefit from the services the Willow Center offers?

We would love to hear from you. Please give us a call for resources, literature, and to learn more about the Willow Center offerings. You can find us online at willow-center.org, you can call us at 208-791-7192 (our Lewiston/Clarkston office) or 208-669-0730 (our Moscow/Pullman office), or you can email me directly at ed@willow-center.org.

Besides the services the Center regularly offers, what else do you have going on?

We will be selling tickets for our Little Big Wagon fundraiser starting in November. We take Radio Flyer wagons and fill them with items that relate to a larger theme, such as "Seahawks Tail Gate Party" and "Top Toys of the Year". We'll have at least seven wagons (pictured) and all of the proceeds go to support the children and families of the Willow Center.



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For more information contact the Martin Wellness Center at 208-883-6540 or stop by for a visit at 510 W. Palouse River Drive. The cost is \$5.50 per class or \$33.00 per month.

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FREE

FIRST TUESDAY OF EACH MONTH 4 P.M. TO 5 P.M.

Did you know Gritman Clinical Nutrition & Diabetes Care offers FREE Diabetes Wellness Classes every month? Join us for information on managing your diabetes, and learn tips on healthy eating, weight management, fitness, self-care and more. Classes are held on the first Tuesday of each month from 4 p.m. to 5 p.m. in the Gritman Conference Center. Call 208-883-6341 for more information.



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FRIDAY, NOVEMBER 21, 6 P.M. TO 9 P.M.
BEST WESTERN PLUS UNIVERSITY INN

Enjoy wine tasting with hors d'oeuvres and a silent and live auction at the premier event kicking off the Holiday Season! The Palouse's largest cocktail party and black-tie event is the principal fundraiser for the Gritman Auxiliary. Auction prizes include trips, wine baskets and gift cards to local businesses. Funds go to youth scholarships and some durable medical equipment needs. Tickets are \$30. Information: 883-5520.

Did you know...

...that Gritman Medical Center has an easy to use online health library that features news, health information, interactive health tools and recipes? Just visit gritman.org and click on "Health Library."



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Meet Your Vendor Table Program

By Amy Newsome, Co-op Owner

Meet a few Vendor Table Program participants and the program's organizer, Misty Amarena, the Co-op's Education and Owner Services Coordinator. I spoke with Abbey Sukeena, Office Manager for Nature's Way Dentistry; Aziz Makhani, Founder and CEO of Sports Cards and Games; Candace Magnuson, of Healing Wisdom, LLC; and Ginger Rankin, long-time volunteer with Orphan Acres Equine Sanctuary and board member for Sojourner's Alliance. I asked them some questions about their experiences with the Vendor Table program and this is what they had to say!

Can you explain what the Vendor Table Program is?

Misty: The Vendor Table program is a unique program we created in an effort to support our strategic goals of developing and supporting a local, organic, and sustainable foods and goods economy and increasing community engagement, outreach, and education. The purpose of the program is to provide an opportunity for local artisans, organizations and small or new businesses to share information about their programs and services, to sell their locally handmade products, and to evaluate the potential market for their products and services in the wider community. Currently, vendor tabling takes place on Tuesdays, Fridays, and Sundays (with some exceptions) in two different time slots; 9 am-2 pm and 2-7 pm. Our vendors are welcome to table up to twice a month each month, but must schedule their tabling with the Customer Service Desk.

The Vendor Table Program is open to artisans, organizations and small businesses that are based in and around the Palouse region. At least 51% of a business or enterprise must be locally owned and organizations must directly serve the Palouse region. Businesses must not employ more than five employees to be considered small enough for this program. Currently, the program does not cost businesses anything if we carry their products within the store and they are working to help sell those products. The program is also free for all non-profit organizations in an effort to provide free avenues for marketing and promotion. For businesses selling items we do not currently carry in the store, there is a minimal fee of \$5 for Co-op Owners and \$8 for community members that are not owners.

What about the Vendor Table Program appealed to you?

Abbey: The Moscow Food Coop is a very community-oriented place. Participating in the Vendor Program provides a unique opportunity to be present in the community and to speak to prospective patrons personally. As a new business in Moscow, the program also affords us the opportunity to let people know who we are and what we do.

Aziz: It gave me an opportunity to demo KickShot Soccer Board Game with local and out of town customers and also enabled me to seek feedback from the customers during the development of the game. During the holidays, the Vendor Program gave a spotlight on my product which resulted in healthy sales.

Candace: It gives me the opportunity of talking with members of the community about who I am and what I do in a way that I cannot by way of other advertising. This is particularly true since I've just started rebuilding my practice so I have very limited resources to devote to advertising.

Ginger: I liked the idea of the Vendor Program because unlike mail, e-mail, or phone you have the opportunity to speak to individuals who stop by and show interest. You also have a chance to answer questions, share your own experience, pictures and brochures. The atmosphere of the Co-op is full of energy and makes for a lively sharing of ideas. The Co-op staff makes us feel welcome.

What sort of impact has participating had on your business or organization?

Abbey: Our participation has made a great impact on our visibility in the community. One of the most common problems for new businesses is letting the community know you exist! The Vendor Program provides an opportunity to directly reach prospective patrons.

Aziz: The program has given my business exposure and a local following. This grassroots following has resulted in sales nationally as well. I believe the Vendor Program also contributed to getting much needed press in the Daily News as well as radio interviews on KRFP Radio Free Moscow.

Candace: It has increased my visibility and generated clients.

Ginger: Both programs that I have represented have benefitted from the Vendor Program from the public relations we receive. More and more people know about us. Many people have come and volunteered at the horse rescue from our contacts at the Co-op and the homeless center has become much better known and its fundraising events are welcomed and looked forward to.

Does the Vendor Program offer something different than other advertising avenues?

Abbey: Yes, the Vendor Program offers organizations the opportunity to have a routine presence in the community. Many other community events provide great exposure but happen only once per year. The Vendor Program allows organizations to participate twice monthly, providing many more opportunities to directly reach prospective patrons.

Aziz: Absolutely. In the early stages of commercialization, I could not afford to pay for advertising. Vendor program has served me as an excellent marketing opportunity. The cost of participating in the Vendor program is very reasonable for the benefit achieved. I would greatly appreciate maintaining the same structure.

Candace: Absolutely, it offers in-person interaction with potential clients.

Ginger: It is a better kind of advertising because it is personal.

Have a Product or Service You'd Like to Promote?

If you are interested in joining our Vendor Table Program, please fill out the Vendor Table Program Application and read the accompanying guidelines. The application is available both at the customer solutions desk as well as on our website at moscowfood.coop.

FRESH WAYS TO SAVE



Your copy of the Fresh This Week flyer will help you find nine ways to save on your shopping trip today! Pick one up on your way in the store.

Staff Profile: Sean Knox

by Naomi Brownson, Co-op Owner



It was a dark and stormy afternoon, and I didn't feel like cooking, so my son Benny and I hopped in the car and headed for the Co-op for a bowl of soup. It never lets us down. We thought Co-op owners might like to know more about the person in charge of the team that makes the soups and other deli items. Sean Knox, Kitchen Manager, is that man.

Sean began his tenure as Kitchen Manager this past June. A Co-op employee since July, 2010, Sean has held several different kitchen posts here: he's worked as a cook, a deli server, a baker and then as lead kitchen cook before moving into his current position. As Kitchen Manager, he supervises about three dozen people. He controls the menu and manages the people who prepare the hot bar, salad bar, and deli case foods. Sean orchestrates all that must be done to get food from its case to your plate.

I asked Sean how he came to work at the Co-op initially. "I was living in Pullman at the time, and I needed a job, and I've always loved to cook," he told me, adding that he's been cooking all his life. When he was eight or nine years old, his mother put him in charge of cooking one meal a week for the family. At his mother's house, the food was mostly what he calls "comfort food." "My father and stepmom are more adventurous," he said. "They like to try ethnic recipes and other new styles."

The creativity afforded Sean at his job is one of the things he likes about working at the Co-op. He told me his staff are great, which makes it fun for him to come to work every day. Sean also appreciates the quality of the food he gets to work with here. He values all that that means, to growers as well as consumers.

Sean grew up in Snohomish, Washington, a farming community about an hour north of Seattle. "There's a big Slow Food movement there, and a lot of emphasis on farm-to-table programs," he told me. He came to the Palouse to study English literature at WSU. After a couple of years of study, he realized he would rather make cooking his profession; that's when he started work at the Co-op. He lives in Moscow now, just a few blocks from work.

Food is one of Sean's life-long interests; music is another. "I've played in several different bands over the years," he told me. Sean's first instrument was the saxophone, later replaced by the acoustic guitar. He also plays piano. Folk and country are his favorite musical styles; influences include Willie Nelson, Kris Kristofferson and Neil Young. Sean also still likes reading. "I'm really into Haruki Murakami's novels right now," he said.

I asked Sean what currently inspires his cooking. Vietnamese was high on his list, as evidenced by the Banh Mi sandwiches that are a recent addition to the hot bar. Benny and I look forward to seeing what comes rolling out of the kitchen next.

Naomi and Ben love Slow Food, especially if it involves chocolate.



Experience

- Lifelong Northern Idaho resident; timber and agricultural landowner
- Regional Board member for Northwest Disability Action Center striving to improve the lives of veterans, seniors and youth with disabilities
- Mentor for young people and youth sports
- Finance Chair and Regional Representative for National Indian Gaming Association, which serves to advance community developments and promote self-sufficiency through economic growth, as well as broaden economic impacts made throughout each state, creating jobs and expanding education opportunities for every community.

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Improve Education: I support a strong and effective public school system. Both public schools and the University of Idaho need strong support in the Idaho Legislature. I will work hard to get our education system back on track so all of our students will have the opportunity to succeed.

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Demand Transparent and Ethical Government: For too long, only the well connected have been able to make government work for them. I will work to end the cronyism and back room dealings so all Idahoans can once again have a voice in our State Capitol. I will represent all the people in District 5, not just the wealthy and the privileged.

Visit www.paulettejordanforidaho.com for more information.
To make a donation, please send contribution to: P.O. Box 611, Plummer, ID 83851



Participating Owner Profile

Mandy Baumgaertner
by Naomi Brownson, Co-op Owner



to be integrated into Moscow and feel useful.

Mandy and her husband Bert went to the same elementary school and high school, then to rival Universities. In all that time they never met, but were later introduced by mutual friends. They met just as Bert was leaving the area for advanced studies. He earned his PhD in Philosophy in California. They grew closer through writing back and forth and have been married for about a year and a half.

Mandy earned her undergraduate degree in English and History. After college she took some time off and back-packed around Europe for three months, visiting 13 countries and 35 cities. Among her favorite places were Edinburgh and Prague. Her father is Scottish and she traveled through the town where he grew up. She was impressed by how green everything in Scotland is. She found Prague to be authentic and real, and also mysteriously ominous. She visited the St. Charles Bridge which is all black except for places where it is worn through to copper where the tourists have repeatedly touched it. Mandy blogged all the way through her travels. When she returned she freelanced her writing to Digital Journal which was highlighting Canadians abroad.

After returning from her adventure in Europe, Mandy worked for a few years for a national bank then switched to radio broadcasting and was the Music Director and Midday Host of DaveFM (Classic Rock station in KWDJ) for three years. She loves music, and enjoyed her time playing and talking about classic rock.

Mandy felt ready to go back to school about the time her husband was hired at the U of I. He worked here for a year and became convinced the town and college were a good fit for him, so Mandy moved to Moscow in August. After a year apart they feel like newlyweds again. Mandy is now in the masters program in literature at the U of I. Her secret dream is to write children's literature, and she will soon be writing a ten page children's book for her Writing Fiction class.

Music and painting are creative outlets for Mandy. The lovely acrylic paintings in her photograph are her creations. Mandy and Bert continue to travel — she loves the history of Europe and more recently has been to Sweden, Denmark, Greece, and Ireland. She and Bert will soon be heading to Munich for Christmas with family members.

Mandy serves on the Co-op's Policy and Bylaws Committee. They make changes and additions to policy, discussing topics like defining "organic" and the Co-op's stand on GMOs. The committee also makes sure policies are working, verifies the business is in compliance, and assures a vision is being adhered to.

Mandy moved from Kitchener/Waterloo in Ontario, Canada in August. Kerry Morsek, Wellness Manager at the Co-op, introduced her to the cooperative. The women met though their husbands who work together at the U of I. When Kerri first moved to Moscow she found the Co-op instrumental in getting involved in the community, so she encouraged Mandy to volunteer. Mandy is here on a visa awaiting a green card and therefore isn't yet eligible to work in the US, so she was happy to find a way

WHAT'S THE BUZZ?



"What is your favorite Fall soup?"
Asked by Ashley Fiedler on October 14, 2014.



"Kale and Sausage soup."
Ashley Ogle, Moscow
Recipe developer for MaryJane's Farm



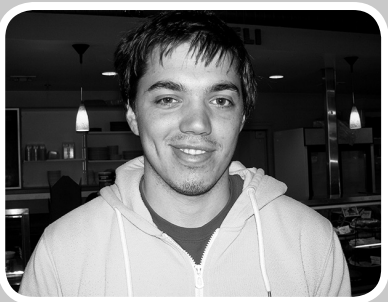
"Tomato Bisque with Curry."
Lucinda Carlson, Lewiston
Speech Therapist



"I make a really good Lentil Sausage soup."
Kim Mosman, Moscow
Homemaker



"Any kind of Squash or Lentil soup."
Rachael Guenthner, Moscow
University of Idaho Student



"Some sort of Corn and Cream soup."
John Snevily, Moscow
Owner of Gifts from the Heart
University of Idaho Student



"Probably Lentil Chili. I am partial to hearty stews."
Cody Brown, Moscow
Co-op Meat Department Employee

Seeking Board Candidates

Interested in helping guide and grow the Co-op?

We are seeking candidates for election to the Board of Directors in 2015.

Serving on the Board of Directors is a rewarding and essential way to shape the Co-op.

The application deadline is Friday, January 9, 2015.

The election will run from Monday, March 2nd through Sunday, March 8th.

New directors will be seated in April 2015.

Please visit the Customer Solutions Desk or our website for an application (moscowfood.coop/board-elections/). If you have any questions, please email us at boardelections@moscowfood.coop.

Board Meeting

Tuesday, November 11, at 6 p.m. All are welcome! Board of Directors meetings are held in the Fiske Room at the 1912 Center in Moscow. The public forum begins at 6:05 p.m. and ends at 6:15 p.m. Meeting agendas are available when ready at moscowfood.coop/board/meetings and on the Board's bulletin board in the café. Approved meeting minutes are available on the Co-op website and at the Customer Solutions Desk.

Vendors You'll See at Tasteful Thursdays

Are you as excited about the return of Tasteful Thursdays as we are? Here's a list of some of the vendors you can expect to see!

WINE

Noble Wines
Amphora Wine Company
Merry Cellars
Camas Prairie
Colter's Creek

BEER

Paradise Creek Brewery

Sockeye Brewing
Elysian Brewing
Iron Horse

COFFEE

Landgrove Coffee
DOMA Coffee

FOOD

Sticky Fingers Farm
Co-op Kitchen
Co-op Bakery
Co-op Cheese

WELLNESS

Nutritive Body Care
KickShot

OTHER

Healing Wisdom (Massages)
Belinda Rhodes (Massages)
Derick Jiwan (Henna)

Tasteful Thursdays run from 4:30 - 7:30pm from Nov. 6 to Dec. 18. For more information about Tasteful Thursdays, see the article on page 1.



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Jones Theatre, Daggy Hall

Living Voices presents

Within the Silence

Thursday, Nov. 13 @ 7:30 p.m.

Adults \$10, Seniors (60+) \$8, *Students & Youth \$5



Geoffrey Castle's Celtic Holiday
Saturday, Dec. 6 @ 7:30 p.m.

Adults \$16, Seniors (60+) \$13, *Students & Youth \$8

Tickets available at **TicketsWest** outlets including Beasley Coliseum (M-F, 10am-2pm), at TicketsWest.com, (800)325-SEAT (7328) or at the door. Additional fees apply to online/phone orders.

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Wadleigh Theatre, Daggy Hall

Our Town, by Thornton Wilder

Dec. 4, 5, 6, 11, 12 & 13

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Staff Picks: Chris & Matt

By Ivy Dickinson, Co-op Owner



The first staff-person I spoke with this month was Chris Stordahl. Chris has been working at the co-op as the body care buyer for the past month. Chris has been a long-time employee of the Co-op, previously working here for six years, before taking a couple of years off to go to school. Chris's pick this month is the John Masters Vitamin C Anti-Aging Serum, which she selected because she has noticed a visible difference in her own skin after using this product for just one week. In fact, Chris is very excited about the entire John Masters line, as she feels that they offer high quality products at a very reasonable price point. She says that this is a good time of year to buy this product and to incorporate a little extra pampering into your skin care regime, to combat both the effects of the harsher weather and the stress of upcoming holidays. Chris wanted to remind everyone that it is always okay to buy a little gift for yourself

from time to time.

The John Masters Company had a quiet beginning with the development of just a few products in the early 90's. These products were created in the apartment of a Niagara Falls native, who had a knack for cutting and styling hair, and who loathed the use of chemicals in hair styling because of his concern for the long-term health and safety of his clients and himself. As John and his products gained notoriety, he eventually opened a salon in Soho that was known to be the first salon in New York that refused to offer services that required the use of toxic chemicals.

John has developed his company over the years by staying true to his conviction that caring for one's self and the Earth do not have to be mutually exclusive ideals. All John Masters products are free of artificial colors and fragrances, and are packaged in recyclable or biodegradable materials.

The entire John Masters product line has been developed using the world's finest botanicals, and certified organic ingredients. John is committed to partnering with local farmers that have a proven history of sustainable practices and respect towards their environment. His products are never tested on animals, and are even endorsed by People for the Ethical Treatment of Animals (PETA). The only animal products John uses are honey and beeswax. In 2004, the brand was the recipient of the coveted Soil Association Award for best organic product line in Europe. Today, John Masters products are sold in 20 countries across the world.

The next staff person I spoke with this month was Matt Freeman. Matt's is a new face around the co-op, as he has been working as a Grocery Stocker for just three weeks. Matt's pick this month is the Good Earth Sweet and Spicy Tea, which he says that he is especially fond of this time of year because of its autumnal quality, and warming effect. Matt says he also enjoys that this tea is available in regular as well as decaf

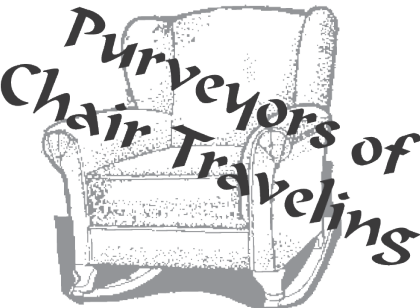
versions, and that he keeps both varieties on hand so that he can enjoy it at any time of day.

Good Earth Sweet & Spicy tea is the signature tea for the Good Earth Company, and the first flavor to be introduced by them, over 40 years ago. Back then they were called the Fmali Herb Company, and were one of the first herbal tea companies to emerge in the American market. In 2005, the company was acquired by Tetley, a subsidiary of Tata Global Beverages, which is the second largest manufacturer of tea in the world.

Their Sweet & Spicy tea is a blend of herbal and black tea that has distinctive notes of cinnamon and orange. It's a savory tea that is delicious either hot or cold. All of their teas are made with natural ingredients and are free of artificial flavors, colors, and preservatives, and they have several organic options as well, including the Sweet & Spicy decaffeinated tea.



Brused Books



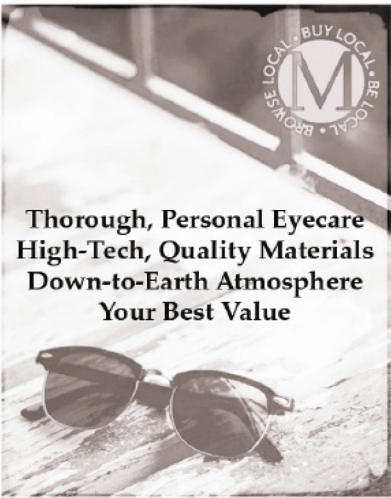
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THE FIVE SPOT

Five Ways to Bring Winter into your Home (Without Bringing in the Cold)

By Sarah Quallen, Co-op Owner

'Tis the season for cinnamon and cloves, pumpkin pie, spiced apple cider and spiced wine. The dropping temperatures may mean that more time is spent indoors, but it also means that windows tend to stay closed so houses can get stuffy. Here are some suggestions to invite cozy and companionship into your home while kicking out the stuffy.

1. One of the easiest ways to psychologically warm your home is to make it smell like the season. To do that without spending time baking, just toss some cinnamon sticks and whole cloves into a pot of water and simmer it on the stove. Better yet, build a fire and set the pot on the fireplace to reduce energy waste. As a bonus, this will add humidity to the air, providing a greater sense of warmth and less chapping.
2. Of course, actually baking has the same effect but with tastier results. Rather than spend your time alone in the kitchen, host a bake-a-thon by having friends or family over to work on all their (and your) favorite holiday treats. Alternatively, participate in — or host — a cookie party and just bake one kind of cookie to trade with a group of friends.
3. Get your children or your friends together for a craft night. Decorating your home to fit the season is another way to cozy-up the house, and

what's better than decorations made with love? Up-cycle clothing or re-use things, like jars or toilet paper rolls, to make it an eco-friendly craft night.

4. October may be over, but the pumpkin season is far from finished. Pick up some sugar pumpkins from the Moscow Food Co-op for an extra-special pumpkin pie. Or stuff and bake them for a fancy Thanksgiving dinner. Either way, their color, scent, and taste will warm-up every pink-cheeked, red-nosed visitor.
5. Late fall can bring some chilly breezes, and sometimes those breezes can sneak under doors and put some bite into an otherwise cozy home. A fun way to keep those cold winds out is to use a door draft stopper. Ours is shaped like a cat and reminds me of my grandmother, but you could to use your craft night to make one out of old clothes and rice.

Rosy cheeks and Rudolph-red noses are grand when playing out in the frosty cold, but one of the reasons colors on faces are wonderful is knowing that when outdoor play is done, the warmth of the indoors awaits.

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"For more than 30 years I have been getting my hands dirty, alongside other Latah County residents, to improve our land, our community and our economy."

— Tom Lamar

member of the Moscow Food Co-op since 1985

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Tom with daughters Brya and Teva.

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RATES**

The Co-op does not endorse political candidates, regardless of party or platform.



Pretty Faces: Film Features Women In Skiing

By Lindsey Anderson, University of Idaho Ski Team Member

Get stoked for winter by attending the Moscow premier of “Pretty Faces: The Story of a Skier Girl” in support of the U of I Ski Team’s 2014/15 alpine racing season. The ski film is a two-year film project by professional big mountain skier Lynsey Dyer that showcases female athletes in a Kickstarter-funded production that has never been done before.

According to the film’s production company, Unicorn Picnic, women make up 40% of the skiing population and 30% of adventure sports viewership, yet only 14% of female athletes made it into major ski films this past season,

up from 9% the previous season. This film aims to change that, giving women a platform to demonstrate their unique talent.

With promotional support from the University of Idaho Women’s Center, the U of I Ski Team is excited to bring a winter sports film to Moscow that features positive female role models and inspires women and men to achieve their goals both on and off the mountain.

The University of Idaho Ski Team will be showing the all-female ski film “Pretty Faces: The Story of a Skier Girl” by Unicorn Picnic

at the Kenworthy Performing Arts Centre on Tuesday, Nov. 18 at 7 and 9 pm, doors open at 6:30 pm. Admission is \$8 for students and \$10 General entry. Tickets will be sold at the door, or by ski team members in the Teaching Learning Center up to ten days before the event and at the Outdoor Equipment Sale and Swap in the Student Rec Center on Nov. 6. Raffle prizes will be given out during the show.

For more information about this event, search for the Facebook page *Pretty Faces Tour: Moscow, ID*, and visit *UnicornPicnic.com*.

Wine & Brew Fundraiser

By Christy Becker

Guardian Angel-St. Boniface School Webmaster

Guardian Angel-St. Boniface School is hosting their 14th Annual Wine & Brew Tasting event on Nov. 15. Not only is this a fun and exciting evening, but it supports a wonderful school. G.A.S.B. School is in its 120th year and has managed to keep its doors open because of fundraisers such as this one. The teachers, staff, and community have created an educational experience here like none other and with continued support the school will be open for another 120 years.

The Wine & Brew Tasting is a different experience than most fundraisers. In addition to tasting local wines and microbrews, this event offers a very interactive “heads-or-tails” game and dollar auction. In “heads-or-tails” each person buys a string of beads and is therefore entered for 50% of the total raised. With a flip of a coin and your choice of “heads-or-tails” you could win! The dollar auction means you could win a range of auction items with a bid of \$1 – so bring that change!

For more information about the Wine & Brew Tasting and G.A.S.B. School, visit www.gasbschool.org. We hope to see you there!

Poetry

Paving the Way for Social Change

By Bekah MillerMacPhee, Assistant Director, University of Idaho Women’s Center

Join the University of Idaho Women’s Center for dynamic performances and visual art by local poets and artists expressing their thoughts and feelings about “the other f-word,” namely “feminism”.

For those who have yet to experience spoken word, it’s a form of performance poetry that often uses alliterated prose or verse and occasionally, metered verse, to express social commentary. Traditionally, it is in the first person, is from the poet’s point of view, and is themed in current events.

For the third year, the University of Idaho Women’s Center will host this poetry slam, which is open to any and all. As in past years, spoken word performers at this event will include local community members as well as UI staff, faculty, and students.

This year, the Women’s Center is collaborating with the UI student organization, Feminist Led Activist Movement to Empower (FLAME). FLAME is assisting in the promotion and production of the event, and will host an informational booth for anyone interested in and curious about Feminism and gender equity.

For more details about this event, see the back page.



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Celebrating 25 years

You’re Needed

Help Fight Hunger on the Palouse

By Greg Meyer, Palouse Cares Board of Directors

On Saturday, December 6th, Palouse Cares once again reaches out to neighbors in communities throughout the Palouse to help feed the hungry and support local non-profit organizations. It’s the 9th Annual Palouse Cares Food Drive and Public Auctions.

The annual effort involves hundreds of volunteers who go door to door collecting food, as well as businesses that donate items for the live and silent auctions to raise money for local food banks and non-profits. All donations stay in our local communities.

We are looking for volunteers for December 6. It’s fun and brings all sorts of folks together for a great cause. Please contact Rick Minard at 208-310-1745 or rminard@mbpspbs.com to volunteer or donate auction items. Groups are welcome and encouraged!

Volunteers will gather at 9 a.m. in:

- Moscow, at Eastside Marketplace
- Pullman, at Zeppoz
- Genesee, at Genesee Food Center
- Juliaetta/Kendrick, at J/K Food Bank
- Potlatch, at Floyd’s Harvest Foods
- Palouse, at McLeod’s Palouse Market
- Garfield, at Ladow Grange

• Colton/Uniontown, Colfax, Troy, and Deary/Bovill locations are yet to be determined.

Please be ready with your food donation when a volunteer comes knocking on your door, or leave your donation in front of your door. Silent and live auctions take place at Moscow’s Eastside Marketplace and Pullman’s Zeppoz, with the silent auctions at 11 a.m. and the live ones at noon.

For updated information on food drive meeting places go to facebook.com/PalouseCares or palousecares.org.

Thank you to everyone who has made this a great success each year. And thanks to the Moscow Food Co-op for supporting our effort and getting the word out.

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New at the Library: November

By Kaylene Garner Nielsen, Moscow Public Library Circulation Desk staff

FICTION

The High Divide by Lin Enger. In 1886 a woman searches for her husband and sons across the American plains, where native peoples and animals are threatened by expansionism.

Dear Committee Members by Julie Schumacher. A series of letters of recommendation written by a curmudgeonly English professor describes his own woes and provides wry commentary on academia.

Horrorstör by Grady Hendrix. Packaged like a store catalog, this novel depicts employees investigating sinister goings-on in an all-night session at Orsk, a hilarious parody of a certain Scandinavian furniture store.

Arctic Summer by Damon Galgut. A fictional biography of E. M. Forster "that penetrates his inner life better than any conventional biography ever has." – The Economist.

The Teacher Wars: A History of America's Most Embattled Profession by Dana Goldstein. An examination of the past sheds light on today's public education issues.

Home Grown: Adventures in Parenting off the Beaten Path, Unschooling, and Reconnecting with the Natural World by Ben Hewitt. If you have despaired of public education, read this account of a Vermont family who lives close to nature and engages in self-directed learning.

The Human Age: The World Shaped By Us by Diane Ackerman. Ackerman writes, "Our relationship with nature has changed... radically, irreversibly, but by no means all for the bad. Our new epoch is laced with invention. Our mistakes are legion, but our talent is immeasurable."

Off the Sidelines: Raise Your Voice, Change the World by Kirsten Gillibrand. The New York senator shares her experiences and encourages women to speak up.

How to Read the American West: A Field Guide by William Wyckoff. A distinguished geographer and photographer draws connections between recurring features of the western states that lead readers to make their own discoveries.

and a NY filmmaker send each other videos; two lonely people communicate and fall in love.

Road to Paloma. A Native American avenges his mother's murder and flees across the West on his motorcycle in this film that explores family devotion and reservation life.

The Love Punch. Pierce Brosnan and Emma Thompson play an ex-couple who plot to steal a diamond from a defrauding French financier. Comedy on the Cote d'Azur.

Ida. In the early 1960s, a young woman about to take her vows as a nun discovers that she is Jewish in this Polish film.



NON-FICTION

Prefabulous World: Energy-Efficient And SuThe Weekend Homesteader: A Twelve-Month Guide to Self-Sufficiency by Anna Hess. Forty-eight projects organized by month to help you produce more of your own food in sustainable ways.

Fermented: A Four Season Approach to Paleo Probiotic Foods by Jill Ciciarelli. Basic and exotic techniques to enhance your ancestral diet.

DVDS

Hank and Asha. An Indian woman in Europe

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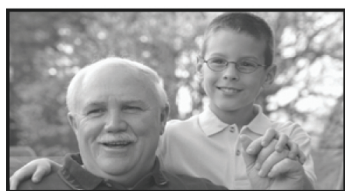
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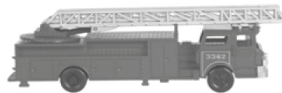
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Community Events

Do you have an upcoming community event?

Send your announcements by the 15th of the month prior to events@moscowfood.coop!

The Co-op will be closed all day November 27th for Thanksgiving. We will, however, be open with normal hours the rest of the week for all of your holiday shopping needs.

CO-OP EVENTS

Board of Directors Meeting

Tuesday, Nov. 11 at 6pm in the Fiske Room of the 1912 Center. For public comments, the Member Forum will begin at exactly 6:05 pm and will end at exactly 6:15 pm.

Art at the Co-op

Painter Judith Marvin; come meet the artist on Friday, Nov 14. during the show's opening!

Co-op Mamas and Papas

Mondays, Nov. 3, 10, 17 and 24; 9:30-11 am at the Uma Center. **Topics:** Indoor & Outdoor Play, Cold Gear, Holiday Crafting, Open Discussion. All meetings at the Uma Center in Moscow; free.

Co-op Kids

Tuesdays at 9 am in the Co-op Café.
Nov. 4 Lantern Making
Nov. 11 Homemade Soup Mix
Nov. 18 DIY Immunity Boosting Tea for Kids
Nov. 25 Hand Turkeys
Contact Rebekka Boysen-Taylor at amamaswork@yahoo.com

Wellness Wednesdays

Wednesday, Oct. 1, all day. Co-op owners save 10% on Wellness Department items, including supplements, body care, mercantile, housewares and more!

Good Food Book Club

Sunday, Nov. 30, from 6-7:30 pm at a private residence. *The Sharper Your Knife, the Less You Cry* by Kathleen Flinn. Join us for Co-op treats and good discussion. Email bookclub@moscowfood.coop for directions.

Tasteful Thursdays

A free annual event series that showcases the sights, sounds, and most importantly the tastes of the season. From 4:30-7:30 pm each Thursday evening Nov. 6 through Dec. 18 (except for Nov. 27, when the Co-op will be closed for Thanksgiving). On Thursday, Nov. 6 we will have Uncorked & Unplugged, the official kick-off event for the Tasteful Thursday series, followed by more food and fun each week.

COMMUNITY EVENTS

Third Annual F-Word Live! Poetry Slam

Thursday Nov. 6 at 7pm. Join the University of Idaho Women's Center for dynamic performances and visual art by local poets and artists expressing their thoughts and feelings about "the other f-word," namely Feminism, in the Borah Theater of the Student Union Building on the UI campus. Free for all students. General admission \$5.

Winter Market

Saturdays, Nov. 8-15, 10 am-2 pm at the 1912 Center in Moscow. Shop from over 30 local artisans and vendors with lunch available sponsored by the Heart of the Arts, Inc.

Meet Your Meat: An Artisan Movement for USDA Local Meats

Friday, Nov. 7 at 6 pm at the 1912 Center. Calling all Localvores, Restaurateurs, Butchers & Ranchers: The Greater Palouse Meat Producers will show you how you can become a part of the USDA inspected local artisan meat movement. Customers can buy local artisan meat by the pound. Small Meat Producers can sell to local restaurants. Tourmaline Farms will be raffling off over \$200 of their "beyond organic" farm products. Win a door prize and enjoy great free food from the Moscow Food Co-op.

2nd Annual Vetran Appreciation Dinner

Tuesday, Nov. 11, 5:30-8:30 pm at the Student Union Building Grand Ballroom on the University of Idaho Campus. Veteran Law Association presents the 2nd Annual Veteran Appreciation Dinner available FREE for Veterans plus one guest. RSVP to email: nort9381@vandals.uidaho.edu

Chinese Movie Night: A Simple Life

Wednesday, Nov. 12 from 7-9 pm at the Kenworthy Performing Arts Center. Each film will have a brief introduction and post-movie discussion by our visiting South China University of Technology instructor.

Living Voices: Within the Silence

Thursday, Nov. 13 from 7:30-8:30 pm at the Jones Theatre in Daggy Hall on the Washington State University Campus. This solo performance tells the story of one Japanese American family's experience while imprisoned in a WWII U.S. "War Relocation Camp."

Free Community Dance

Friday, Nov. 14 from 6-8 pm at the 1912 Center in Moscow. nacks will be provided so bring the whole family. Suggested donation is \$2.00 per person or \$5.00 per family. A food item may also be donated in lieu of payment. Food items will be donated to the Moscow Food Bank. Music will be

provided by Chase Doty.

14th Annual Wine & Brew Tasting

Saturday, Nov. 15 from 6-10:30 pm. Held at Guardian Angel - St Boniface School in Colton. Fundraiser for G.A.S.B. school and students. Tickets are \$25.

One Day Cooking Camps for Kids

Saturday, Nov. 15 & Sunday, Nov. 16 from 12:30-5:30 pm at 312. S. Asbury, Moscow. \$40 per camp. Scholarship available. Visit MissNancysPlace.com for information

Open Mic Ideation Event

Monday, Nov. 17, 5:30-8 pm Southeast Washington Economic Development Association is hosting a community 'ideation' event in Palouse as part of the region's activities to celebrate Global Entrepreneurship Week. Free and open to the public at the Green Frog Café in Palouse, WA. A lasagna dinner is available for \$15. To reserve a meal, [rsvp to robin@seweda.org](mailto:rsvp@seweda.org).

Pretty Faces: The Story of a Skier Girl

Tuesday Nov 18, 7pm and 9pm at the Kenworthy Performing Arts Centre. Faces: The Story of a Skier Girl, by Unicorn Picnic.

Lunch & Learn Brownbag with the UI Extension

Tuesdays, Nov. 4 and 11 from 12-1 pm at the Gritman Federal Building. Who Gets Grandma's Yellow Pie Plate? With Karen Richel - UI Extension; And What to Do With All the Other Stuff? With Richard Old - Estate Sales

Dahmen Barn Events

Saturday, Nov. 15 at 7:30 pm: Borderline Blue trio playing a mix of classic rock, classic country and classic jazz with a blues twist. Because they play classic tunes from several genres, their music appeals to everyone. Admission is \$10 at the door.

Saturday, Nov. 15 from 10 am-5 pm: Bead weaving workshop for beginners ages 16 and up. It is taught by resident artist Alison Oman who is supplying a loom and beads as part of the \$88 fee. Students will create an amulet bag necklace.

Sunday, Nov. 16, 10 am-2 pm: Fused Glass workshop for beginners. The cost is \$45 which includes all materials and use of tools. Students should bring a lunch and some safety glasses.

Saturdays, Nov. 8, 15 and 22 from 10 am-1 pm: Linocut block printing workshops. Students will use a drawing or photograph to transfer an image to a linoleum block, then will cut the linoleum, then print using a press. This class is for students aged 14 and up with no previous experience required. \$60 per workshop and registration is required by the day preceding the workshop.